

# Tune Into Life Course Health

## THE ROLE OF THE HEALTH CARE PROVIDER

We are providing this toolkit and talking to you as a health provider because we need your help initiating Life Course Health conversations with young women and men.

It is important to encourage young people to make positive choices earlier in their lives. Based upon science and emerging practice, the Life Course Health model is a way to understand how physical health, emotional health, relationships, stress, education, and goal setting all play an important role in current and future health and success in all aspects of life. It is a means for helping young people to view health as a resource for living the life they want.

Research conducted with young men and women ages 16 to 25 across Nebraska told us that teens and young adults generally know what good health is and what they should be doing. However, many don't practice healthy behaviors because of barriers that include lack of time, money or support. Young people often feel invincible, that they have time to make changes later in life. Because many young adults are not in the best possible health before becoming parents, the risk to the future generation is a concern.

The TUNE project was launched to engage directly with young adults. It uses music as a new way to connect with young people and provide the inspiration and information they need to live full, healthy lives. Tunemylife.org is a new website offering interactive elements including TUNE music, downloadable songs, artist interviews, health information that ties into song messages and links to additional health and wellness resources.

The new Life Course Health tools were developed to help you integrate health and wellness topics into your daily interactions with patients. As a health care professional, you play a unique role in the lives of young adults. Young adults respect the opinions of their health care providers and view the information that they receive from you as valuable. As you work with youth, we hope these new resources, particularly the Life Course Health Plan, can be incorporated in your health assessment tools for young adults, and can be used to start conversations. Find the Life Course Health Plan at [www.dhhs.ne.gov/tune](http://www.dhhs.ne.gov/tune). It is important to reach these young adults prior to getting pregnant. The earlier we get these messages out to young adults, the more healthy outcomes they will have in the future. The Life Course Health and TUNE resources provide a new way to address health topics. They should help young adults understand the need to set goals and think about their futures, to make health a resource for the lives they want to live. Recommend [tunemylife.org](http://tunemylife.org) to your young adult patients as both a musical and an informational resource.